

It's Everyone's Business is a monthly newsletter created by Truman State University's School of Business Academic Peer Mentors.



2012-2013 Peer Mentors (Not pictured: Michele Oberkrom)

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Mark Your Calendar!

Finals Week: 12/10-12/14

Graduation: 12/15

First Day of Spring Class: 1/14

Truman Alternative Spring Break Info. Session: 1/15

MLK Jr. Day: 1/21

Business Org. Fair: 1/23

Activities Fair: 1/30

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Europe in Transition

The Europe in Transition study abroad program examines current issues facing the European Union, including economic changes, through study and field trips to European countries. The May 2013 program will travel to Austria, Hungary, Italy, and the Czech Republic.

Alec Sydlow, a Communication major with minors in Business and Spanish for Business; **Nikki Katnik**, a Communication major with a Photography minor; and **Sarah Dunham**, a Business major with concentrations in Marketing and International Business and a Statistical Methods minor, participated in the study abroad program this past summer.

Alec, Nikki, and Sarah stated that they learned much from their experiences. Alec enjoyed studying the functioning of the European Union and the many countries that compose it, stating, **"I gained a greater understanding of how the EU functions as a whole, and how this society has blended different cultures to create a cohesive unit, while still maintaining individual cultural identities."** Sarah and Nikki took a different perspective in finding that they learned most about themselves. Nikki became more independent and confident in herself, after adjusting to a new way of life and traveling with people she didn't know very well, and Sarah had a similar response, as she found how to better respect other cultures and just how confident she became speaking French.

All three consider the program to be very beneficial to their careers. Sarah learned much about international companies and is considering working in an international position. As Communication majors, Alec and Nikki learned much about how various countries communicate, and Nikki further stated how interesting it was "to compare and contrast the way others communicate."

Sarah, Nikki, and Alec are thrilled that they participated in the program. Nikki loved that she was able to visit several countries in a short period of time. Sarah is thrilled she took the opportunity to have this once-in-a-lifetime experience. Alec recommends the program, and states, "Anything that pushes you out of your element is beneficial."

Networking 101

No matter how old you are or which career path you choose, remember that networking is a **key tool** that can help you every step of the way. College is the ideal time to perfect your networking skills. Whether you're just starting out or consider yourself a competent networker, there are a few things that everyone should keep in mind.

Networking is a way to make meaningful connections, some of which can last a **lifetime**. It helps you develop a pool of resources which can always come in handy. So, how do you start?

First, if you find yourself comfortable with social interactions, then start with networking in person through classes and extracurricular activities.

If you tend to be on the shy side, then try online outlets, such as LinkedIn or Facebook.

Be proactive with your networking skills. Take some initiative and enroll in a class where you can practice your speaking and body language or look into joining a networking group in your field. Truman's campus is comprised of many diverse groups.

Once you have discovered your networking avenue, remember to be a good listener. It sounds simple enough, but being able to ask "How are you?" with true sincerity and interest is often taken for granted.

Don't forget to follow up. Taking a few seconds to send a follow up

message about how you enjoyed meeting someone or even proposing future plans makes a huge difference and leaves a lasting impression.

Remember that networking is not just about creating relationships, but also **maintaining them**. It's always a good idea to stay in contact with people you enjoy being around, whether you met them last week or last year. Taking a few seconds to send a message about how you enjoyed meeting someone or even proposing future plans makes a huge difference and leaves a lasting impression.



My Internship Experience

Max Law, a senior Communication major with an emphasis in Public Communication, **turned his summer internship with Preferred Family Healthcare into a part-time job for this year.**

He heard about the company after Michael Schwend, Preferred Family's CEO, spoke at a Delta Sigma Pi event last spring. After Michael finished speaking, Max introduced himself and expressed interest in the company. This led to two interviews and eventually his internship as he became a part-time marketing intern in St. Louis.

His typical responsibilities included updating social media pages, writing weekly entries for the company's blog, researching brochures and website design, and assisting with any initiatives Preferred Family Healthcare was attempting to get passed. Max started the company's blog and established a Pinterest and LinkedIn account for them.

As the marketing intern, Max was able to speak to people from different companies who were trying to pass the same initiatives Preferred Family Healthcare was working on. He says that this

gave him many opportunities to meet professionals in the industry and to network.

At the end of the summer, Max offered to continue working throughout the school year. Now he works 10-12 hours per week, updating the social media websites and blogs. His advice concerning internships is to network, and specifically to talk to the alumni from organizations you are involved in.



10 Tips for Relieving Stress

We have all heard them before, but it's always nice to have a refresher course once in awhile! The following tips are in no particular order because you should try to incorporate all of them into your daily life.

1. Get Some Quiet Time Wherever you go you may be sharing space with other students: your room, your bathroom, the dining hall, the gym, the library. Find a few moments of peace and quiet with no cellphones or students.

2. Say No Pick and choose your commitments wisely. Do the things you enjoy and learn to turn down those things that stress you out.

3. Sleep Well Being in college means your sleep schedule is not likely ideal. Try to get 7-8 hours of sleep every night. You will be able to think more clearly the next day. However, if you can't find all the time at night, try to squeeze in a power nap at some point in your day.

4. Eat Healthy Your eating habits may have gone by the wayside since you started school. You may think your stress is psychological, but you could also be feeling physical stress ("Freshman 15") if you're not fueling your body appropriately.

5. Exercise Regularly You may be thinking "I don't even have time to sleep and eat, where am I supposed to find the time to exer-

cise?" Exercise doesn't necessarily have to involve a two hour workout at the gym. In a little over an hour, you can (1) walk for 15 minutes to your favorite off-campus restaurant, (2) eat a quick healthy meal, (3) walk back, and (4) take a power nap.

6. Talk to your Instructors There may be times when you can't get all of your work done. That's life. It's okay. Stay motivated and communicate honestly with your instructors. They can probably help by extending deadlines for you.

7. Put Things in Perspective The things in your life that seem huge now may not seem so important a few years from now. Realizing this can often reduce your stress.

8. Get a Hobby A hobby is a great way to get your mind off your daily workload. Find something you like to do and make it a goal to pursue it weekly.

9. Confide in Someone Use your support system. Make sure you're sharing your feelings with your close friends. Sometimes just sharing your feelings will help you deal with the stress you're going through.

10. Don't Stress About Being Stressed The best way to handle stress is to not get more stressed about being stressed. If you're stressed out, admit it and figure out how to handle it. Focusing on it will only make things seem worse.

Adding a Minor

While choosing a major is one of the biggest choices you make upon arriving to college, deciding whether or not to add a minor is an important decision as well. Minors require significantly less classes than majors do and can be great ways to complement the area which you are already studying.

Among business students, Economics or Statistical Methods minors are very popular choices. Many business courses students are already required to take can double count to fulfill many of these minor requirements, and these minors can nicely support a business career. Furthermore, a foreign language minor such as Spanish or French can be useful if you hope to work at an international company. Having these language skills can help to separate you from other talented candidates.

Although many students choose particular minors that will complement their degree, another popular reason for selecting a minor is to explore a different area that interests you, such as Theatre or Art. While the minor may not relate to your future career, the classes may be an enjoyable experience for you during college if it's in an area you're passionate about.

Regardless of your reason for selecting a minor, it is an easy process to add one at any time throughout your college career.

To add a minor, simply follow the steps below:

1. Log onto your Truview account and go to the Student tab
2. Click on [Change, Add, Drop Majors/Minors or Catalog](#) under Courses & Grades
3. Follow the instructions until you reach the page entitled Degree Program Update.
4. Under "Update first major and degree to", find First Minor and utilize the drop-down box to select your desired minor
5. Click Submit

If you have any questions regarding minors or how to add one, contact a [Peer Mentor](#) or stop by the Peer Mentor Office in VH 2416.

Meet the Peer Mentors

There are 10 peer mentors serving first and second-year School of Business students for the 2012-2013 school year. Three are featured in this issue. Check back next issue for the last profile. Information about the School of Business Academic Peer Mentor program can be found at the program's website, <http://peermentors.truman.edu>.



Michelle Oberkrom

Major: BSAD - Int'l Business & Marketing
Hometown: Moberly, MO

What made you want to join the Peer Mentor Program?

I have been through almost everything as a college student. I want to help students succeed and get through the tough times.

What is your favorite thing to do after you get home from class?

Lay down, relax, and eat

What do you hope to do after college?

I hope to move to the city and work for a retail company in store operations, marketing, or merchandising.

What are your extracurricular activities?

I am a member of Delta Sigma Pi, Hip Hop dancing, exercising, and cooking.

What's an item on your bucket list?

Ride the tallest roller coaster in the world

Who do you admire most?

My older sister Kara; she is in the Peace Corps in Zambia and I look up to her in everything I do.



Sara Whitman

Major: BSAD - Marketing & Finance
Hometown: St. Charles, MO

What made you want to join the Peer Mentor Program?

Last year, I worked as a Student Advisor and realized how much I enjoyed helping people with their problems and to set goals for themselves. Working as a Peer Mentor lets me continue to do that, and it is even more fun because it is focused on academic planning and business.

What is your favorite thing to do after you get home from class?

I usually turn on one of my favorite shows on Netflix! Right now, I am watching Grey's Anatomy and Mad Men!

What do you hope to do after college?

I will be happy to try any job I am offered, but my dream job would be to work for the St. Louis Blues hockey team in their advertising or sales department.

What are your extracurricular activities?

Phi Sigma Pi, the co-ed honor's fraternity; I have also been a member of Phi Beta Lambda, the Tru-Leaders Program, and I was a Student Advisor.

What's an item on your bucket list?

Travel to Europe again. I was in Germany and Italy this past summer and ever since I cannot stop thinking about going back.



Sarah Buczkiewicz

Major: BSAD - Mgmt. & Marketing
Hometown: Naperville, IL

What made you want to join the Peer Mentor Program?

Help students have a great experience as a business student at Truman

What is your favorite thing to do after you get home from class?

Cooking and reading USA Today

What do you hope to do after college?

I hope to work for a non-profit company.

What are your extracurricular activities?

I am a member of Delta Sigma Pi, Beta Gamma Sigma, Psychology Student Advisory Council, and the Club Soccer team.

What's an item on your bucket list?

Running a marathon

Who do you admire most?

My mom; she has overcome all obstacles life has thrown at her.